

Hortonville Physical Education

Fitness Education: The Shape of Things to Come

The mission of our physical education staff is to foster an environment where students are physically and emotionally safe to explore and enjoy movement.

At the elementary level, our philosophy is to develop students' competence in fundamental motor patterns within a positive and nurturing environment. These basic skills will form a solid foundation for participation in various sports and activities.

At the middle school level, our philosophy is to expose the students to a wide variety of sports and physical activities. The students will be able to discover different activities they enjoy and are motivated to participate in.

At the high school level, our philosophy is to provide students the opportunity to explore physical activities in greater depth and choose activities that will help them maintain a healthy lifestyle in the future.

Hortonville Area School District
Physical Education K-12 Unit Scope and Sequence

UNIT NAME	Grade Level										
	1	2	3	4	5	6	7	8	9	10	11/12
Active Team Games											T
Aerobics I											T
Aerobics II											T
Angling										T	T
Archery											T
Backpacking/Hiking/Orienteering							T			T	T
Badminton	T	T	R	R		T			T	T	R
Basketball	T	T	T	R	T	R	T	R	T	R	R
Body Conditioning											T
Bowling											T
Cardiopulmonary Resuscitation											T
Cross-Country Skiing										T	R
Curling											T
Dance and Rhythms	T	R	R	R	R					T	T
Field Hockey										T	
Floor Hockey	T	R	R	R					T	R	R
Floor Table Tennis					T						
Football	T	T	R	R	T	R			T	R	R
Frisbee Golf			T	R	T	R				T	R
Fundamental Movement	T	R	R	R							
Golf			T	R			T	R			T
Heart Rate Monitors			T	R	T					R	
Horizontal Traversing Wall					T	R	R	R		T	R
Lawn Games											T
Mountain Biking								T		T	R
Pedometers	T	R	R	R						R	R
Personal Defense											T
Pickleball							T		T	T	R
Racquet Sports					T	T	T	T			
Rollerblading	T	R	R	T	T	T	R	R		R	R
Snowshoeing					T	R	R	R		T	R
Soccer	T	T	R	T	T	R			T		
Speedball							T	R	T	R	
Softball	T	R	T	R	T	R	T	R	T	R	R
Team Building					T	R	R	T			T
Team Handball						T	T	R	T		R
Tennis			T	T							T
Ultimate Frisbee							T	R		T	T
Ultra Flow										T	
Volleyball	T	R	T	R	T	R	T	T	T	R	R
Weight Training									T	T	T

T = Taught R = Review

Curriculum

Physical Education I

Softball	8 days	Badminton	8 days
Flag Football	8 days	Pickleball	8 days
Soccer	8 days	Basketball	8 days
Speedball	8 days	Volleyball	8 days
Fitness activities	8 days	Floor Hockey	8 days
Ultimate Frisbee	8 days		

Physical Education II

Mountain Biking	6-7 days	Backpacking	6-7 days
Field Hockey	6-7 days	Flag Football	6 days
Speedball	5 days	Softball	5 days
Badminton	6-7 days	Pickleball	6-7 days
Basketball	6 days	Volleyball	6 days
Snow shoeing	5 days	Cross Country Ski	5 days
Disc golf	4 days	Rollerblading	5 days
Floor hockey	4 days	Climbing wall	4 days
Fitness testing	5 days	Ultimate/ultraflow	5 days

Active Team Sports

Flag football	7 days	Softball	7 days
Lacrosse	7 days	Cricket	7 days
Soccer	7 days	Speedball	7 days
Conditioning/testing	7 days	Rugby	7 days
Ultimate	7 days	Basketball	7 days
Floor Hockey	7 days	Pickleball	7 days
Badminton	7 days	Volleyball	7 days

Lifetime Sports

Angling	6 days	Archery	6 days
Bowling	8 days	Badminton	6 days
Lawn Games	4 days	Disc golf	3 days
Golf	6 days	Backpacking	7 days
Curling	3 days	Personal Defense	2 days
CC skiing	3 days	Snow shoeing	2 days
Pickleball	6 days	Volleyball	5 days

Team Challenges	3 days	Softball	4 days
CPR	3 days	Ultimate	4 days
Fitness	10 days	Rhythms	3 days

Aerobics I and II

Body Conditioning

Weight Training

Each of these upper level physical education classes focuses on conditioning by incorporating the five health-related components of fitness in daily plans.

Aerobics I and II

Mrs. Schmidt

Rationale: The educational focus in this class is to introduce/reinforce concepts and activities students will use post high school. The class also focuses on all health-related components of fitness.

Date		Activity	Health Component
Monday		<ul style="list-style-type: none"> *Cardio Room (treadmills, elliptical machines, airdyne bicycles, recumbent bicycles, Dance, Dance, Revolution *Running *Walking *Kickboxing video *Stepper routine (box) *Jump rope *Aerobic videos (Kathy Smith, Richard Simmons) *Pacer (students do the pacer 3 times during semester wearing heart monitor) 	Cardiovascular
Tuesday		<ul style="list-style-type: none"> *Weight room (using free weights and strength machines: leg curl, leg press, leg extension, iso row, T row, lats machine) *Exertubes *Biceps Strength Test 	Muscular Strength
Wednesday		<ul style="list-style-type: none"> *Swiss balls (flexibility ball video or free style routine or stations) *Pilates workout *Yoga video *Modified Sit and Reach Fitness Test 	Flexibility
Thursday		<ul style="list-style-type: none"> *Circuits (kick bags, jump ropes, jog, push ups/situps) *8 minute abs and buns video *Elastic bands 	Muscular Endurance
Friday		<ul style="list-style-type: none"> *Dine Healthy Nutrition analysis *Nutriquest nutrition analysis *TnFIT fitness assessment *Consumer education concerning products & activity 	Body Composition and Nutrition

Students in Aerobics I and II are able to write their own personal fitness program based on their fitness assessment results. Each student is assigned a heart monitor and pedometer to use during the semester. Records are kept by the students regarding each workout. Students do comparisons of workouts for the final exam. By introducing students to a variety of activities, they can also choose their personal favorites (exercises/workouts) for their fitness plan. The goal is for the students to continue the activities after graduation.

Body Conditioning

Mr. Gennrich

Rationale: This class focuses on strengthening the body through very specific exercises/activities. The class is designed to include activities for improving cardiovascular endurance, speed, reaction time, flexibility, jumping ability, strength and explosiveness. Students elect to enroll in this class for a variety of reasons some of which include; general conditioning, future military career, and pre-sport conditioning.

Students set goals, record activity and interrupt data from fitness testing and workouts.

Date	Activity	Health Component	
Mondays	Cardiovascular endurance *Distance run wearing heart monitors *Sprints *Cardio Room (treadmills, elliptical machines, bicycles)	Aerobic Capacity/Cardiovascular	
Tuesdays/Thursdays	Weight Room *Lats pull down/row *IsoRow *TBar Row *Incline Fly *Leg Extensions *Leg Press *Leg Curls *Seated Calf Machine *Standing Calf Machine *Free Weights (triceps extension, biceps curls, shoulder press, etc)	Strength/Endurance	
Wednesdays	*Plyometric boxes *Medicine Balls *Elastic Bands *Workout Wednesday	Strength/Endurance Strength/Endurance Flexibility All components	
Fridays	*Reaction Drills *Speed Training *Jumping rope *Agility	Cardiovascular	

Rationale: This class focuses on activities students can and will participate in post high school. These units tend to be more individual or partner-type activities.

Month	Activity	Skill/Movement	Health Component
9	Archery	Eye/Hand Coordination	Strength, Endurance, Flex
9	Horseshoe	Throwing, walking, Eye/Hand	Strength
9	Bocce Ball	Throwing, walking, Eye/Hand	Strength
9	Golf	Striking, walking, Eye/Hand	Strength, Cardio, Flex
10	Orienteering	Walking	Cardio
10	Flag Football	Throwing, Catching, Running	Cardio, Strength, Endurance, Flexibility
10	Angling	Throwing	Strength, Endurance
10	Pickleball	Striking, Sliding, Run	Cardio, Strength, Flex
10	Fitness	Running, Fitness testing,	All components
11	Volleyball	Striking, Running, Eye/hand	Cardio, Strength, Flex, Endurance
11	Team Challenges	Cooperation, Climbing, Running	Cardio, Strength, Flexibility, Endurance
11	Workout Wednesday	All movements	All components
11	Badminton	Striking, Running Eye/Hand	Cardio, Strength, Flexibility
11	Workout Wednesday	All Movements	All components
11	Ultimate Frisbee	Throw, Catch, Run Eye/Hand	Strength, Endurance, Flexibility, Cardio
12	Curling lecture	Knowledge, Throwing, Sliding	Strength, Endurance, Flexibility, Cardio
12	Workout Wednesday	All movements	All components
12	Bowling scoring	Knowledge	Strength, Endurance
12	CPR	Knowledge, Cardio, Endurance	Strength, Endurance
12	Workout Wednesday	All movements	All components
1	Bowling	Throw, Catch, Run, Eye/Hand Coordination	Strength, Cardio, Endurance, Flexibility
1	Workout Wednesday	All movements	All components
1	Snowshoe/Cross Country Skiing	Running, Walking, Sliding, Balance,	All components

PE II Mr. Gennrich and Mrs. Schmidt

Rationale: Many of the activities covered in Physical Education II are individual or partner activities. The focus is moving to lifetime activities.

Month	Activity	Skill/Movement	Health component
9	Mountain Biking	Bicycle skills, Balance, Coordination	Cardiovascular
9	Disc golf	Throwing, power, walking	Cardiovascular, endurance
9	Backpacking/hiking/orienteering	Walking, balance, knowledge	All
9	Softball	Throwing, running, striking, eye/hand	All
10	Field Hockey	Running, striking, eye/hand	Cardiovascular, endurance, strength
10	Angling	Throwing, balance, knowledge	Strength, flexibility
10	Flag Football	Throwing, running, power	All
10	Speedball	Throwing, running, eye/hand	All
11	Badminton	Striking, running, agility, eye hand	Cardio, strength, flexibility
11	Workout Wednesday	All movements	All components
11	Floor hockey	Running, striking, reaction time	Cardio
11	Rollerblading	sliding, balance, agility	Cardio flexibility
11	Workout Wednesday	All movements	All components
12	Pickleball	Striking, running, agility, coordination	Cardio, strength, flexibility
12	Workout Wednesday	All movements	All components
12	Basketball	Run, throw, pass, shoot, eye/hand	Cardio endurance, strength, flexibility
12	Volleyball	Run, strike pass	flexibility
12	Workout Wednesday	All movements	All components
1	Ultimate Frisbee/Ultrarflow	Throwing, running, eye/hand	Cardio, flexibility, strength, endurance
1	Workout Wednesday	All movements	All components
1	Snow Shoeing/cross country skiing*	Sliding, running, balance, agility, coordination	All
1	Workout Wednesday	All movements	All components

*These units are done when there is snow, therefore there needs to be some flexibility in the schedule. The unit may be done in December or January. There are gymnasiums available to accommodate the other units if the units are done by both teachers at the same time.